

## PFSC 2017/2018 Fall Schedule - Starting Monday September 11, 2017

\*\* Senior Group is defined as skaters that are working on their Senior Bronze or in Grade 9

	To	From	Time	
<b>Monday</b>	4:00	5:20	1:20	Intermediate / STAR
	5:20	5:30	0:10	Flood
	5:30	6:50	1:20	Senior
			2:50	

<b>Wednesday</b>	4:00	5:20	1:20	Senior
	5:20	5:30	0:10	Flood
	5:30	6:50	1:20	Intermediate / STAR
			2:50	

<b>Friday</b>	4:00	5:20	1:20	Intermediate / STAR
	5:20	5:30	0:10	Flood
	5:30	6:50	1:20	Senior
			2:50	

## PFSC 2017/2018 Winter Schedule - Starting October 9, 2017

\*\* Senior Group is defined as skaters that are working on their Senior Bronze or in Grade 9

	To	From	Time	
<b>Monday</b>	5:00	5:15	0:15	Star 1 - 5 Skills Group Lesson
	5:15	5:30	0:15	Star 1 - 5 Dance/Skills
	5:30	6:05	0:35	Star 1 - 5 Free Skate
			1:05	
	6:05	6:15	0:10	Flood
	6:15	6:45	0:30	Pre CanSkate
	6:15	7:05	0:50	Can Skate
	7:05	7:15	0:10	Senior Conditioning
	7:15	7:30	0:15	Senior Dance/Skills
	7:30	8:20	0:50	Senior Free Skate
			1:15	

<b>Wednesday</b>	4:30	4:55	0:25	Star 1 - 5 Elements Group Lesson/Conditioning
	4:55	5:10	0:15	Star 1 - 5 Dance/Skills
	5:10	6:00	0:50	Star 1 - 5 Free Skate
			1:30	
	6:00	6:10	0:10	Flood
	6:10	6:40	0:30	Pre CanSkate
	6:10	7:00	0:50	Can Skate
	7:00	7:10	0:10	Senior Up Conditioning
	7:10	7:25	0:15	Senior Up Dance/Skills
	7:25	8:20	0:55	Senior Up Free Skate
			1:20	

<b>Friday</b>	4:00	4:15	0:15	Senior Dance
	4:15	4:55	0:40	Senior Free Skate
	4:55	5:20	0:25	Senior & Star 1-5 - Free Skate
	5:20	5:50	0:30	Star 1-5 Group Lesson / Dance
			1:50	

<b>Saturday</b>	9:30	10:00	0:30	Pre CanSkate
	9:30	10:20	0:50	Can Skate